



MARCH 2005

Helping Organizations Retain Their Most Valuable Asset

FOR YOUR INFORMATION

Keeping Your Children Healthy

Let kids run. Today's society encourages sedentary activities such as surfing the Internet and playing video games. While those activities can stimulate imagination, games like tag, capture the flag, kick the can, Frisbee and anything else that gets them outdoors and running around will go far in strengthening their bodies. Save the indoor activities for after dinner.

Beat boredom by encouraging hobbies. Whether your children want to learn karate, pick up an instrument, play on a soccer team, take gymnastics or even browse through the library for another great book, hobbies keep both mind and body engaged — which is a



good thing. Not only will you hear "Mom, I'm bored!" less often, but they'll be less apt to snack on foods their bodies really aren't hungry for.

Make exercise a family thing, make it a priority, and plan ahead.

Source: health.family.org

Helping Your Child Develop Positive Self-Esteem

Helping children grow takes enormous energy and patience. Understanding and validating their behavior is an important component in their development. Your children will have many experiences outside of your control or influence. They will have baby sitters, attend school and social activities, etc. They will be teased by friends at school, they will be asked to attend parties or sporting events or

they may be in theater productions at school. How they deal with these experiences will be determined partly by their level of self-esteem, or how they feel about themselves. They will draw upon feelings and experiences they have had at home.

Tips for Helping Your Child's Self-Confidence

- Let your child know that feeling sad is as acceptable as feeling happy. Crying is okay.
- Let your child know that you are interested in their opinion by asking him/her what they think and considering it seriously.
- Talk about what you think other people might be feeling or thinking in order to convey the message that people are different. This will also help them develop empathy.
- When possible, let your children decide.
- Don't always concentrate on the finished product, but on the effort as well.
- Appreciate what makes your child unique, and comment on it.
- Watch what you say around your child. Your words and actions are powerful and have an influence on their attitudes.
- Encourage and praise risk-taking.
- Avoid rescuing your children from situations wherever possible. You can't rescue your child from life. Encourage and help lead them, but let them work through experiences on their own and discover their potential.
- Praise them for their skills and ideas.



Developing Your Child's Potential

The U.S. Department of Education suggests the following tips to help parents encourage their child's potential:

- Provide a variety of stimuli and experiences geared to your child's interests.
- Encourage your child to tell you his/her ideas while you play secretary by writing them down.
- Permit ample time for thinking and daydreaming.
- Encourage your child to translate his/her interests into stories, pictures, collections and inventions.
- Accept and use his/her tendency to see things differently.
- Do not be anxious about single-mindedness.
- Ask your child as many questions as he/she asks you.
- Ask the teacher to allow your child to move through the curriculum at a pace that accommodates his/her knowledge level.

HMS is here to help

Remember, HMS is always available to help you or your immediate family members with any type of personal, family or work-related concern, including issues related to parenting. All HMS services are prepaid by your employer and strictly CONFIDENTIAL. If you need help, why not call an HMS counselor today? We're here to help.

24 Hours a day: 800-343-2186 www.hmsincorp.com

Self Test: Are You Flirting With An Eating Disorder?

Eating disorders (medically recognized diseases) are a peril to life and health. The term "Eating Disorder" is collective for three types of disorder manifestations: Anorexia Nervosa, Bulimia and Compulsive Overeating. The underlying similarities in each case are the obsession or pre-occupation concerning food and/or body image.

The following test will help you decide if you have an eating disorder, or if you are at risk of developing one. Answer always, sometimes or never for each question below.



Do you:

	Always	Sometimes	Never
1. Hate the idea of gaining even one pound?	_____	_____	_____
2. Exercise exclusively to burn calories?	_____	_____	_____
3. Feel that your stomach should be completely flat?	_____	_____	_____
4. Think about food most of the time?	_____	_____	_____
5. Go on eating binges?	_____	_____	_____
6. Feel bloated after meals?	_____	_____	_____
7. Feel you need to diet rigorously?	_____	_____	_____
8. Think about the fat on your body?	_____	_____	_____
9. Feel anxious after eating high-carbohydrate food like bread, pasta and potatoes?	_____	_____	_____
10. Weigh yourself more than once a day?	_____	_____	_____
11. Avoid eating, even when you're hungry?	_____	_____	_____
12. Take pride in being able to control your eating impulses?	_____	_____	_____
13. Feel frightened of eating with friends and/or family?	_____	_____	_____
14. Feel guilty after eating?	_____	_____	_____
15. Feel uncomfortable after eating sweets?	_____	_____	_____
16. Feel dissatisfied with the shape of your body?	_____	_____	_____
17. Eat or drink in secrecy?	_____	_____	_____
18. Have to eat the same food every day?	_____	_____	_____
19. Hate to have food in your stomach?	_____	_____	_____
20. Avoid social situations that require eating?	_____	_____	_____

SCORING:

Each check mark in the "Always" column is worth 2 points, and each mark in the "Sometimes" column is worth 1 point. There are NO points for "Never" responses. Add up the points for all twenty questions to find your total score and then compare it to the figures below.

0 - 4 points: Not weight preoccupied

5 - 14 points: Weight concerned

15 - 24 points: Weight preoccupied

25 - 40 points: "Anorexia-like" thinking

People with eating disorders can be helped, but almost always professional help is needed to get back on track. If you suspect you might be suffering from an eating disorder, see your physician or a qualified mental health professional to prevent medical or psychological problems.

HMS is here to help

If you are concerned that you or a family member may have an eating disorder, contact Human Management Services (HMS) for CONFIDENTIAL counseling, referrals or information. HMS counselors are specially trained to help you get the right kind of help for an eating disorder. Remember, HMS is always available to help you or your dependents with any type of personal, family or work-related concern. Why not call an HMS counselor today? We're here to help.

HMS SERVICES

PROVIDED BY YOUR
EMPLOYER FOR YOU AND
YOUR DEPENDENTS

This confidential prepaid program is designed to help employees and their eligible dependents resolve problems which may be interfering with their personal, work or home life. HMS offers help for marital and family issues, substance abuse, job concerns, emotional problems, life adjustments, legal issues, financial matters, and elder care and child care referrals.

If you're experiencing problems which are causing concern, you and your HMS counselor can work as a team to find solutions.

Call HMS for Help:

24 Hours a day: 800-343-2186

www.hmsincorp.com

